

# Autumn/Winter Menu 2017/18

Week	Day	Mains		Sides		Puddings	
Week 1 commencing 4 <sup>th</sup> September, 25 <sup>th</sup> September, 16 <sup>th</sup> October, 13 <sup>th</sup> November, 4 <sup>th</sup> December, 1 <sup>st</sup> January, 22 <sup>nd</sup> January	Monday  Tuesday  Wednesday  Thursday  Friday	Meat  Breaded chicken wrapster <sup>3</sup> Sweet chilli sauce or garlic mayonnaise <sup>1,14</sup>  Pasta bar Penne pasta with beef bolognese <sup>3</sup>  Honey roasted gammon Gravy <sup>12</sup>  Chicken & sweetcorn pie <sup>1,3,11,14,15</sup> Gravy <sup>12</sup>  Cod fish fingers <sup>2,3</sup>  Poached salmon <sup>2</sup>	Vegetarian  Vegetable pinwheel <sup>1,3,6,11</sup>  Pasta bar Penne pasta with tomato & basil or creamy cheese sauce <sup>1,4</sup>  Vegetable grill <sup>3</sup>  Vegetable tagine <sup>12,13</sup> Cous cous <sup>3</sup>  Cauliflower cheese <sup>11,4</sup>	Baked potato wedges or 1/2 jacket potato  Garlic bread <sup>1,3,6,11</sup>  Roast potatoes  Creamy mashed potato <sup>1</sup>  Chips	Baked beans  Sweetcorn  Cabbage  Winter root vegetables  Garden peas  Broccoli	Colerlaw <sup>11,14</sup>  Tomato & spinach salad  Carrots  Broccoli  Baked beans	Peach & apricot crumble <sup>3</sup> Custard <sup>1</sup>  Lemon drizzle cake <sup>1,3,11</sup>  Ice cream <sup>1</sup> / mousse <sup>1</sup>  Funky fruit  Spiced shortbread <sup>3</sup>  Frozen raspberry yoghurt <sup>1</sup>
Week 2  Week commencing 11 <sup>th</sup> September, 2 <sup>nd</sup> October, 30 <sup>th</sup> October, 20 <sup>th</sup> November, 11 <sup>th</sup> December, 8 <sup>th</sup> January, 29 <sup>th</sup> January	Monday  Tuesday  Wednesday  Thursday  Friday	Pizza bar Pepperoni pizza <sup>1,3,6,11</sup>  Mild chicken curry <sup>1</sup>  Roast pork loin with apple sauce Gravy <sup>12</sup>  Minced beef cobbler <sup>1,3,12</sup>  Crispy battered cod <sup>2,3</sup>	Pizza bar Margherita pizza <sup>1,3,6,11</sup>  Oriental vegetable stir-fry <sup>6</sup>  Roasted vegetable pot <sup>1,3,6,11</sup>  Soya mince shepherd's pie <sup>1,3,6</sup>  Twice baked potatoes with cheddar, broccoli & butternut squash <sup>1</sup>	1/2 Jacket potato  Indian bread <sup>1,3,6,11</sup>  Roast potatoes  Mashed potato <sup>1</sup>  Chips	Garden salad <sup>14</sup>  Brown & Sweetcorn white rice  Fresh broccoli florets  Cabbage  Garden peas  Green beans  Sweetcorn  Steamed green beans  Carrots  Cauliflower  Carrots  Baked beans	Carrot cake <sup>3,11</sup>  Winter fruit goodie <sup>3</sup> Custard <sup>1</sup>  Fruit jelly Frozen fruit smoothies  Sticky toffee sponge <sup>1,3,11</sup> Custard <sup>1</sup>  Chocolate tart <sup>1,3</sup>  Chocolate cake <sup>1,3,11</sup> Mandarins & chocolate sauce <sup>1</sup>	
Week 3  Week commencing 13 <sup>th</sup> September, 6 <sup>th</sup> October, 27 <sup>th</sup> November, 18 <sup>th</sup> December, 15 <sup>th</sup> January, 5 <sup>th</sup> February	Monday  Tuesday  Wednesday  Thursday  Friday	Sausage bar Sausages <sup>1,3,6,11,12,13</sup> Onion gravy <sup>12</sup>  Beef enchiladas <sup>3</sup>  Roast turkey with sage & onion stuffing <sup>3</sup> Gravy <sup>12</sup>  BBQ chicken <sup>3,6</sup>  Battered cod goujons <sup>2,3</sup>	Sausage bar Quorn sausage <sup>1,3,11</sup> Onion gravy <sup>12</sup>  Macaroni cheese <sup>1,3,14</sup>  Vegetarian quesadillas <sup>1,3</sup> Sour cream <sup>1</sup>  Bombay biryani <sup>12,13</sup>  Mediterranean quiche <sup>1,3,11</sup>	Creamy mashed potatoes <sup>1</sup>  Seasoned baked potatoes & sweet potatoes  Roast potatoes  Sunshine rice <sup>12,13</sup>  Chips	Sweetcorn  Garden salad <sup>14</sup>  Cauliflower  Broccoli  Baked beans	Funky fruit day  Vanilla ice cream <sup>1</sup> / mousse <sup>1</sup>  Jam tart <sup>3</sup> Custard <sup>1</sup>  Assorted biscuits <sup>3</sup>	



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butchers that source  
meat from farmers  
certified by Red  
Tractor and RSPCA  
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Also available everyday: Jacket potatoes with fillings, assorted salads, fresh bread of the day <sup>1,3,6,11</sup>, fresh fruit or yoghurt <sup>1</sup>

Allergien Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard